

## SPIN

### Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

**Dates:** (1 day per week) (10 classes-45 mins.)  
 Tues., 6:30-7:15 p.m., Apr. 17-June 19 (RM) (#14061)  
 Tues., 7:30-8:15 p.m., Apr. 17-June 19 (D) (#14065)  
 Thurs., 6:15-7 p.m., Apr. 19-June 21 (#14060)  
 Thurs., 7:15-8 p.m., Apr. 19-June 21 (D) (#14058)  
 Sat., 8:15-9 a.m., Apr. 21-June 23 (MJ) (#14057)  
**Fee:** 1/week (45 mins.) \$46R/\$49NR/\$34M

**Dates:** (2 days per week) (20 classes-45 mins.)  
 Mon./Wed., 6:15-7 p.m., April 16-June 25 (MJ) (#14066)  
 Tues./Thurs., 5:45-6:30 a.m., Apr. 17-June 21 (MJ) (#14055)  
 Tues./Thurs., 4:30-5:15 p.m., Apr. 17-June 21 (M) (#14056)

**Location:** Friendship Center, Room 115  
**Fee:** 2/week (45 mins.) \$78R/\$81NR/\$68M  
**Instructor Code:** (MJ) Mary Jo, (D) Deb, (RM) Roxanne, (DM) Donna, (N) Nicole, (M) Michelle

### Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

**Dates:** Mon./Fri., 9:30-10:30 a.m., Apr. 16-June 25  
**Location:** Friendship Center, Room 115  
**Fee:** \$95R/\$98NR/\$75M (#14059)

### Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

**Dates:** Mon./Wed., 8:45-9:30 a.m., Apr. 16-June 25  
**Location:** Friendship Center, Room 115  
**Fee:** \$69R/\$72NR/\$51M (#14010)

### Challenge Ride w/Mary Jo (Ages 18+)

High intensity for one hour +. Knock your socks off with this challenge!

**Date:** Sunday, April 22, 12:15-1:30 p.m. (#14051)  
 Sunday, May 20, 12:15-1:30 p.m. (#14054)  
 Sunday, June 10, 12:15-1:30 p.m. (#14052)  
**Location:** Friendship Center, Room 115  
**Fee:** \$5M/\$8NM

#### NEED A BABYSITTER?

Call 657-5635 for a list of sitters who have passed the Red Cross Babysitting Class.

## ADULT SPORTS/LEISURE

### Summer Volleyball League

Men and Women's Leagues begin late May-August at Koons Park. Men's AA/A on Mons., Women's AA/A Tues., and Women's BB/B on Thurs. Deadline Apr. 13.  
**Fee:** \$285R/\$325NR per team. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info. (657-5635)

### Women's Self Defense (Ages 13+) (5 classes)

Geared to develop defensive techniques.

**Dates:** Tues., 7-8 p.m., Apr. 17-May 15  
**Location:** Friendship Center, Room 112  
**Fee:** \$47R/\$52NR/\$35M (#13982)

### Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.

**Dates:** Wed., 7-9 p.m., Apr. 18-June 20 (#13981)  
 Sat., 10-11:30 a.m., Apr. 21-June 23 (#13980)  
**Location:** Friendship Center, Gym #2/#3  
**Fee:** \$65R/\$70NR/Free to members!

### Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

**Dates:** Tues., 8-9:30 p.m., Apr. 17-June 19 (#13993)  
 Thurs., 7-9 p.m., Apr. 19-June 21 (#13992)  
 -OR- Sat., 8:30-10 a.m., Apr. 21-June 23 (#13991)  
**Location:** Friendship Center, Gym #2/#3  
**Fee:** \$65R/\$70NR/Free to Members!

### Adult Golf w/Bumble Bee (4 classes)

**Beginner:** New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

**Dates:** Mon., 6-7 p.m., April 16-May 7 (#14104)  
 Wed., 7-8 p.m., May 23-June 13 (#14107)

**Advanced Beginner:** Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

**Dates:** Sun., 2-3 p.m., Apr. 22-May 13 (#14109)  
 Tues., 6-7 p.m., May 1-May 22 (#14110)

**Location:** Bumble Bee Hollow  
**Fee:** \$65R/\$70NR

### Stretch & Strike for Women (8 classes) w/Bentz

Body conditioning in the areas of flexibility, strength and stamina using a variety of stretching, calisthenics and martial arts style strikes, kicks and blocks. Learn to move from various martial arts stances with correct form.

**Dates:** Mon., 6:30-7:30 p.m., Apr. 9-June 4  
**Location:** Max Fitness, LLC, 3401 N. 6th St., Hbg.  
**Fee:** \$55R/\$60NR (#14218)

NEW

## ADULT SPORTS/LEISURE (CONT.)

### Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Tai Chi 27 short form movements based on the Yang Style. Soft high movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements. Benefits: stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and improved flexibility.

**Dates:** Thurs., 10-11 a.m., Apr. 19-June 21

**Location:** Friendship Center, Room 118

**Fee:** \$70R/\$73NR/\$50M (#14002)

### Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Grand Master Chen Zhenglei's Essential 18 movements of Chen Style Tai Chi. Low movements done with a balance of fast/slow, hard and soft spiraling movements for the cultivation of tranquility with explosive power done with natural breathing. (Benefits listed above.)

**Dates:** Thurs., 7:30-8:30 p.m., Apr. 19-June 21

**Location:** Friendship Center, Room 112

**Fee:** \$70R/\$73NR/\$50M (#14003)

### Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

**Dates:** Tues., 3-4 p.m., Apr. 17-June 19

**Location:** Friendship Center, Room 118

**Fee:** \$42R/\$54NR/Free to Members! (#14013)

### Adult & Advanced Jr. Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

**Dates:** Mon., 6-7:30 p.m., May 7-21 (#14191)

Mon., 6-7:30 p.m., June 4-18 (#14192)

**Location:** Brightbill Park

**Fee:** \$36R/\$39NR

### "Quick Start" Weight Loss Program w/Bentz

No weighing/measuring. Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

**Dates:** By appointment

**Location:** Friendship Center

**Fee:** \$65R/\$70NR/\$60M (#14139)

### Disney Seminar w/Sherry Hess

Discover topics of resorts, dining plan, photo pass, children's activities, tours, Magical Express, transportation of the "world", park passes/hopper & Disney Cruise. Seats limited. College of Disney Knowledge grad.

**Date:** Tuesday, April 10, 7-9 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to Members/\$3NM (#14219)

### "How to Coupon Shop"(4 classes)

NEW

Learn how to successfully use coupons, sales, loyalty programs, and rebates to save money and reduce your monthly food/non-food bill by as much as 25% or more! Learn strategies for your daily or emergency needs. Discover how to use the Internet to further your couponing success.

**Dates:** Thurs., 6:30-8 p.m., Mar. 29-Apr. 19

**Location:** Friendship Center, Conf. Room

**Fee:** \$18R/\$20NR/\$15M (#14136)

### Basic Soap Making w/Soap-O-Therapy (16+)

Learn how to make melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access to a wide range of materials and supplies, and take home one pound (approx. 4 bars) of soap. Extra materials available for purchase.

**Date:** Saturday, May 12, 3-5 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$40R/\$43NR/\$32M (#14148)

## ADULT ARTS & CRAFTS

### Painting: Oil or Acrylic w/John (10 classes)

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

**Dates:** Tues., 6:30-8:30 p.m., April 17-June 19

**Location:** Friendship Center, Room 109

**Fee:** \$87R/\$90NR/\$70M (#13987)

### Mother's Day Gift "10 Reasons Why I Love You" w/Roxanne

NEW

One of a kind gift. Provide 10 photos of mom/grandma, crafting scissors and tweezers. All other supplies provided and combined into a book for a gift.

**Date:** Friday, May 11, 6:30-9:30 p.m. (#14126)

Saturday, May 12, 9 -11 a.m. (#14127)

**Location:** Friendship Center, Room 106

**Fee:** \$21R/\$24NR/\$18M

### Father's Day Gift "10 Things You Taught Me" w/Roxanne

NEW

Show them how much you learned from them. Provide 10 photos of dad/grandpa, crafting scissors and tweezers. All other supplies provided and combined into a book for a gift.

**Date:** Friday, June 8, 6:30-9:30 p.m. (#14128)

Saturday, June 9, 9-11 a.m. (#14129)

**Location:** Friendship Center, Room 106

**Fee:** \$21R/\$24NR/\$18M